



UCOOK

Pastrami Sarmie

with mustard mayo, gherkins & white cheddar

A sandwich can be deceptively simple to make, but the trick is to use contrasting & complementing toppings to get the most out of every bite. Our UCOOK Chefs show you just how sensational a sarmie can be with this piece of pastrami perfection. Featuring cheddar cheese, briny gherkins, and a creamy mustard mayo.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 2 People

Chef: Jemimah Smith

***New Lunch**

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Ingredients & Prep

2	Ciabatta Rolls
90ml	Mustard Mayo <i>(40ml Wholegrain Mustard & 50ml Mayo)</i>
20g	Green Leaves <i>rinse</i>
2 units	Sliced Beef Pastrami
30g	Gherkins <i>drain & slice lengthways</i>
60g	Cheddar Cheese <i>slice</i>

From Your Kitchen

Salt & Pepper
Water

1. HEAT IT UP Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.

2. TIME FOR LUNCH Spread the rolls with the mustard mayo. Top with the green leaves, the pastrami, the sliced gherkins, and the sliced cheese. Season and enjoy, Chef!

Nutritional Information

Per 100g

Energy	1081kJ
Energy	258kcal
Protein	11.8g
Carbs	23g
of which sugars	3.6g
Fibre	1.9g
Fat	13.5g
of which saturated	3.2g
Sodium	650mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
3 Days